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U. S. Department of Agriculture

# Vitamin A

## In the Diet

### Effect of Vitamin A on Growth and Health



Diet adequate except for vitamin A

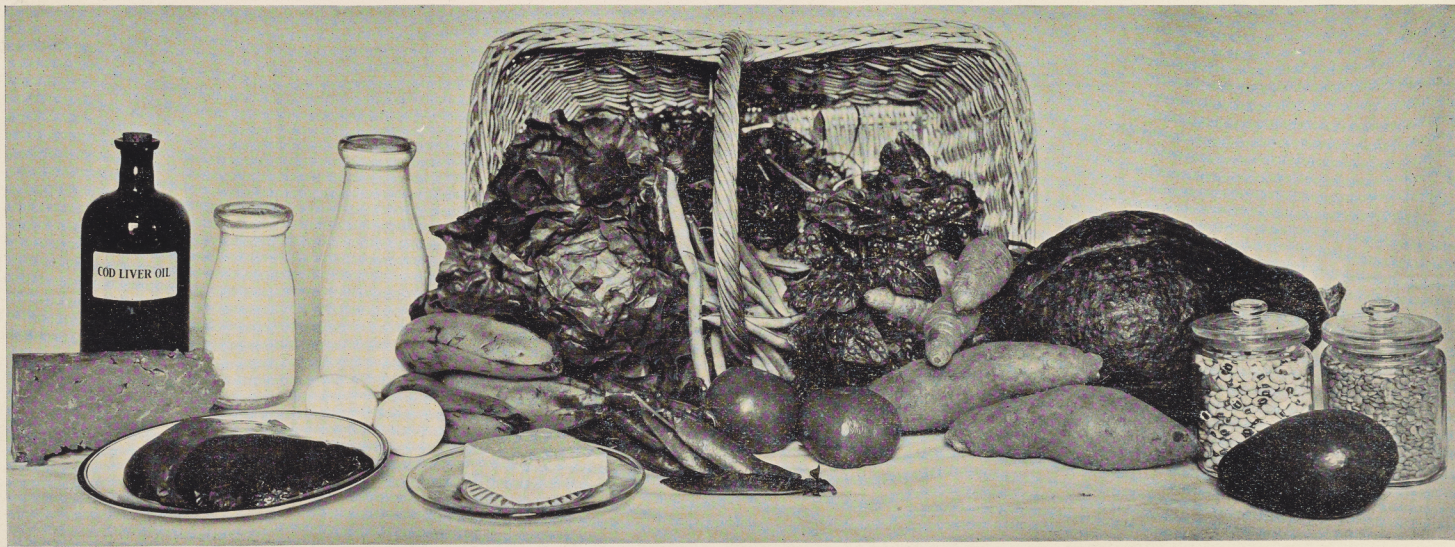


Vitamin A added to the same diet

Litter mates of the same sex, 11 weeks old. Weight of smaller, 56 grams;  
of larger, 123 grams. Note infected eye, rough fur,  
and lack of vigor of the smaller rat

RATS THREE-FOURTHS ACTUAL SIZE

### Some Common Sources of Vitamin A



Avocados  
Bananas  
Beans, string  
Butter

Carrots  
Cheese  
Cod-liver oil  
Cowpeas, dried

Cream  
Dandelion and other greens  
Eggs  
Lentils

Lettuce  
Liver  
Milk  
Peas

Sweet potatoes  
Spinach  
Squash  
Tomatoes

NUTRITION CHART 7

Bureau of Home Economics

UNITED STATES DEPARTMENT OF AGRICULTURE